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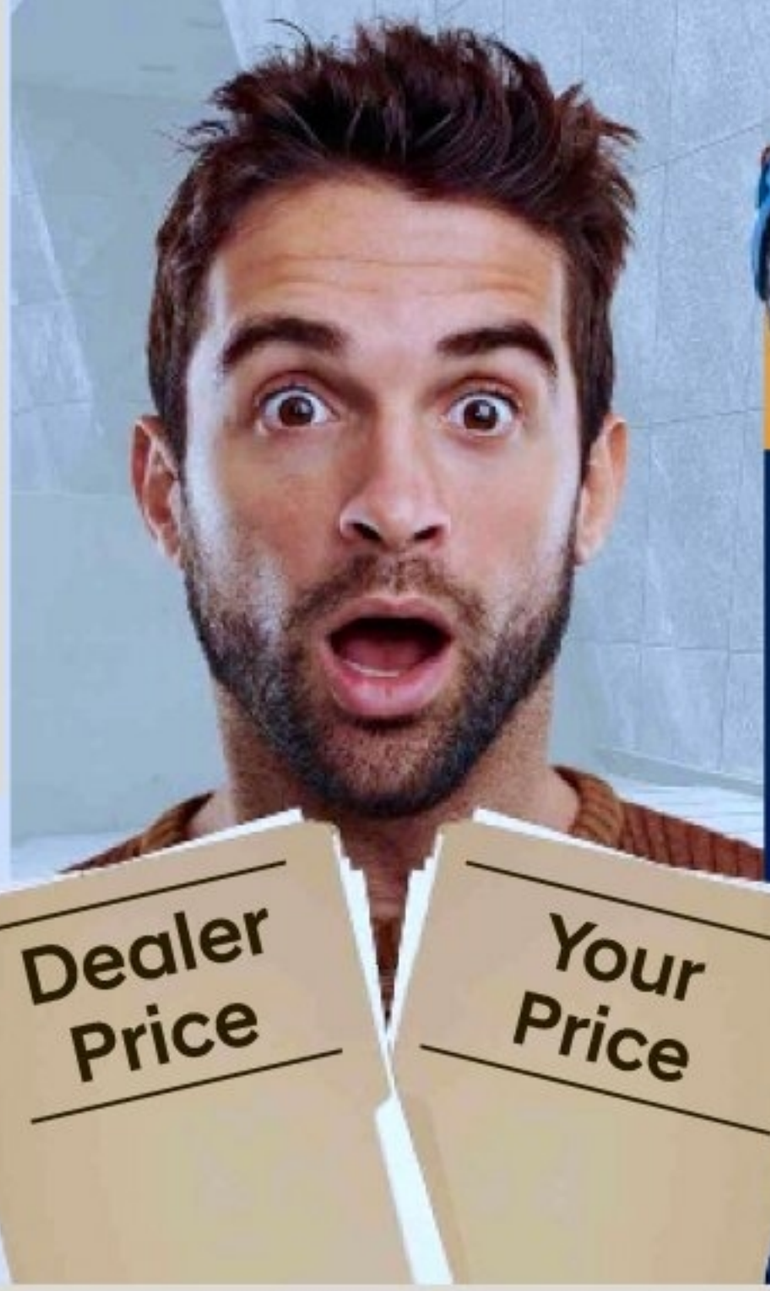

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Prices include Delivery and Destination charges of $1,705/$1,905/$1,805/$1,605/$1,805, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. *◊01♦Offers available for a limited time and subject to change or cancellation without notice. Delivery and Destination charge includes freight, P.D.I. and a full tank of gas. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. ^Android Auto™ is compatible with Android phones running Android Lollipop or newer. Android Auto may not be available on all devices and is not available in all countries or regions. Additional apps may be required. Visit www.android.com for further details and any applicable limitations. 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A MAMMOTH SIZED QUESTION
Should we bring them back?
metroSCIENCE

Your essential daily news | WEEKEND, MAY 5-7, 2017 High 8°C/Low 7°C Rain

Goalie Craig Anderson reacts as Rangers' Oscar Lindberg celebrates after scoring a goal in New York on Thursday
THE ASSOCIATED PRESS

MAULED IN MANHATTAN

Sens no match for Rangers in Game 4 loss that leaves series tied at 2
plus Full game report, metroNEWS.ca

Rain, flood woes persist

GATINEAU

Nearly 250 evacuated; region braces for downpour

Alex Abdelwahab
Metro | Ottawa

More than 240 people have voluntarily left their homes because of flooding in the Gatineau area.

The City of Gatineau confirmed Thursday evening that 143 homes have been evacuated after water levels reached a 20-year high Wednesday.

The city has set up two reception areas to help evacuees: Jean-René Monette Community Centre and Masson-Angers Service Centre. The Red Cross is assisting 176 people.

The city is advising residents not to cross flooded areas, as the water may be deeper than it appears.

Gatineau Mayor Maxime Pedenaud-Jobin confirmed there are now approximately a dozen roads that are closed even to emergency vehicles. He said police and firefighters have informed residents on affected streets, so they are aware emergency personnel will have difficulty reaching them if they decide not to evacuate their homes.

A full map of street closures, including those open to local traffic only, is available on the City of Gatineau website.

The Masson-Cumberland ferry has ceased service until further notice.

Gatineau continues to distribute sandbags to residence who require them. Since Monday, it has distributed 66,000 sandbags. It expects a new order of 100,000 to arrive Friday.

The city is asking for volunteers to assist with the filling and distribution of the sandbags. They are advised to call 311.

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metro NEWS

Your essential daily news

Prince Philip is retiring from royal duties this fall, Buckingham Palace says.

NEIGHBOURHOODS

Housing prices on the rise

Drew May
For Metro | Ottawa

Single-family house prices are on the rise in most Ottawa neighbourhoods, according to April 2017 numbers from the Ottawa Real Estate Board.

Hunt Club-Windsor Park saw the biggest increase compared to this time last year, up 15 per cent, while Rockliffe Park saw the biggest dip, down 9.2 per cent.

Tobi Nussbaum, the city councillor for Rideau-Rockliffe, where Rockliffe Park is located, said he isn't concerned with the drop in house prices.

15%

Hunt Club-Windsor Park saw an increase of 15 per cent compared to this time last year.

"(Rockliffe Park) has always had a bit of a microcosm in terms of the real estate market and obviously the demand at that end is diff and smaller than demand in the middle of the range," he said.

Jessica Lacasse, an Ottawa real estate agent, said the overall numbers are in line with what she has seen on the ground.

She said the neighbourhoods with more growth are the ones appealing to first-time home buyers, while prices are dropping in areas where they are not looking. Other than Rockliffe Park, the only other neighbourhood to see a price drop compared to April 2016 was New Edinburgh, where the average house price is $593,000, down 4.2 per cent.

Robotics researchers show off their wares

TECHNOLOGY

Group looks for renewal of federal funding

Alex Abdelwahab
Metro | Ottawa

Nearly two dozen research teams from across Canada were in Ottawa Thursday to show off their robotics projects.

Among the demonstrations were robots that flew, swam, moved on land and interacted directly with humans.

Alan Do-Omri, a graduate student at McGill University, showed off his self-driving wheelchair, which can avoid crowds and uses artificial intelligence to navigate. Do-Omri's professor, Joelle Pineau, explained the wheelchair works by automatically mapping its surroundings.

"This wheelchair is called on to move around in museums and shopping malls and universities,where of course we don't have the control over when people are going to move, how they're going to move," she said. "We're figuring out how the wheelchair should move about in a crowd of people."

Other projects included an "avatar" that allows human-robot interaction and an underwater robot that tracks the size and movement of icebergs off the coast of Newfoundland.

Graduate student Alan Do-Omri demonstrates on Thursday his self-driving wheelchair that avoids crowds and obstacles, as his professor, Joelle Pineau, looks on. ALEX ABDELWAHAB/METRO

The research teams are part of the National Science and Engineering Research Council's Canadian Field Robotics Network (NCFRN), a group that comprises private companies and academics and government agencies. They receive their funding through the National Science and Engineering Research Council (NSERC) and other public partners like the Canadian Space Agency.

The Made in Canada: The Future of Robotics demonstration comes as the group's five-year federal funding agreement expires. Under the previous agreement, the network received $1 million a year for five years. They're hoping for a similar injection of funding from the federal government soon.

> **We're figuring out how the wheelchair should move about in a crowd.**
> Joelle Pineau

"There's little doubt today that I think we're on the brink of an enormous transformation, societally and socio-economically, where robotics is going to have a huge place in our world," said Gregory Dudek, a professor at McGill and scientific director of NCFRN. "Do we want to govern and develop and control that technology ourselves or do we want to just buy it?"

OVERCROWDING

City's new jail to have 725 beds

Tamar Harris
For Metro | Ottawa

Ottawa is getting a new 725-bed jail to replace the Ottawa-Carleton Detention Centre, in part of a wider move to reform Ontario's correctional system.

"We know that for us to achieve this transformation, our infrastructure must improve," Marie-France Lalonde, Ontario's minister of corrections, said at a press conference. "This investment will increase capacity and reduce overcrowding."

The Ottawa-Carleton Detention Centre (OCDC) is located on Innes Road in Gloucester. There is no timeline for when or where the new facility will be built.

The OCDC has been plagued with overcrowding issues in recent years. A 2016 report said overcrowding forced inmates to sleep on mattresses in showers.

The announcement was accompanied by an independent review of the Ontario segregation system. The ministry defines segregation as holding an inmate for 22 or more hours a day with little human interaction.

"Ontario's correctional policies are inadequate and outdated," the report said. "They are frequently confusing and overlapping. Inadequate policy undermines accountability."

The report notes that Canada has been criticized internationally for its use of segregation, and the negative effect current segregation policies can have on vulnerable inmate populations and inmates' mental health.

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Climate is linked to flooding

ENVIRONMENT

Experts say trend to rising water levels a threat to cities

Tamar Harris
For Metro | Ottawa

Recent flooding in the Ottawa area could be just the tip of the climate change iceberg, experts warn, and our existing safeguards may not be up to the challenge.

"As to whether or not this flooding can be completely correlated with climate change, that's not so much the question as will we be seeing more and more weather events like this?" said Robb Barnes, acting executive director of Ecology Ottawa.

"And the answer is, definitely."

Global water levels are expected to rise between one and six feet over the next 100 years.

The impact on the Ottawa River, specifically, is difficult to predict and few risk assessments have been conducted.

But severe weather events — such as the 46 millimetres' worth of rainfall the Ottawa area has already received in May — should be expected or at least prepared for, Barnes said.

Ottawa is located on a flood plain. Dams in the upper part of the watershed, which hold back significant amounts of water from the spring melt, "play a really important role," said Meaghan Murphy, senior scientist and riverwatch co-ordinator at Ottawa Riverkeeper, "because if we didn't have those, Ottawa and Montreal would be flooded out every spring."

Flood waters cover the intersection of Saint-Sauveur and St. Paul streets in Gatineau. METRO

> Will we be seeing more and more weather events like this? The answer is, definitely.
> Robb Barnes, Ecology Ottawa

Catherine Abreu, executive director of Climate Action Network Canada, said climate change is already changing the face of Canadian.

"In urban environments like Ottawa, we have a series of infrastructural … (that) can manage what have been historically normal amounts of flooding, or large snowfalls or flash melts," she said. "But because those phenomena are happening more and more, our infrastructure is having a really difficult time keeping up."

ANTI-VIOLENCE

Male-focused centre to offer men support

Drew May
For Metro | Ottawa

A campaign to create a "men's centre" in Ottawa has just reached its fundraising goal of $50,000.

The project, launched by the Canadian Association for Equality (CAFE), aims to be the first hub for clinical and support services for men in Ottawa, according to David Shackleton, president of CAFE Ottawa. CAFE currently runs a men's centre in Toronto. Ottawa's would be the second in Canada.

"There would be menu for services that would be focused on men and boys and their families in a male-friendly environment," he said.

Shackleton said they haven't confirmed a space yet, but are looking somewhere outside of downtown Ottawa. CAFE will work to build infrastructure and programs for the centre in the next few months and is aiming to officially launch in early September, he said.

Shackleton said there is a service gap for men in the city and the services that are out there focus on men as perpetrators of violence.

"There isn't very much for men as victims in these situations so that's the piece that's often missing," he said. "We tend to want to fix things for women and children and we tend to not address as much effort into fixing things for men."

Luke Smith, chair of the Ottawa Men's Refuge board, a new men's shelter in Ottawa, said he agrees that there is a service gap in the city for men fleeing domestic violence, but said he is concerned with the way CAFE is looking at it.

"We're not going to get anywhere in terms of providing services if we're competing with services that already exist," he said.

Smith said it is important to work on men's issues with organizations that already exist for women, like women's' shelters and the Ottawa Coalition To End Violence Against Women.

"I think more has to be done across the board and maybe if (CAFE) introduces a centre here it'll act as a catalyst to get more people talking about it."

SANCTUARY

Protect LGBTQ refugees: Group

Ryan Tumilty
Metro | Ottawa

A coalition of LGBT groups is asking the federal Liberals for a long-term commitment to a program that helps refugees flee homophobic persecution.

The group has had a resettlement assistance program set up with the federal government since 2011, but after an initial three-year pilot it has only been renewed one year a time.

"We're asking our government to give us a commitment that will allow us to continue this program," said Lisa Hébert, with Capital Rainbow Refuge, based in Ottawa.

Across the country, LGBT groups have supported 75 refugees. The government funds the first three months of a refugees' basic living expenses and private groups fund the rest.

Hébert said LGBT refugees face special challenges that can only be properly addressed by a dedicated government program. Subhui, a Syrian refugee who asked not to have his full name used, came to Canada as part of the program.

He says authorities in Dubai arrested him because of his sexual orientation. He said prior to arrest, he had been living in fear.

Adapting to Canada a few weeks ago has been challenging, but he feels comfortable now.

"My life had been a roller-coaster," he said, "and arriving in Canada felt like the last stop and sudden jolt, but then gradually coming to rest.

"Today, I can be the author of my own book and I can write anything I want."

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Fiery ride stokes flashbacks

WILDFIRE

Escape on horseback made national headlines

Darren Krause
Metro | Calgary

When Jada Polem swings into the saddle, she has flashbacks of the Fort McMurray wildfire.

Polem's story of a dramatic, 15 km ride to safety aboard her palomino Quarter Horse mare, Mya, told first by Metro, made headlines across Canada as tens of thousands fled the northern Alberta disaster.

"Every time I'm riding any horse, as soon as I put my leg over, you get that quick flashback of going straight, but as soon as you look behind you everything's just up in flames," said Polem.

"It's flashbacks every time you do something that's involved with the fire, whether it was driving out or riding out."

The day before the fire her family moved their three horses from the Clearwater Horse Club to a campground on the north side of Fort McMurray. But the winds shifted, and by Tuesday they had to move the horses again. But with the evacuation underway and fire bearing down, no horse trailers could get through to help. They had a trailer only big enough for two horses, and the only way to get Mya out was to ride.

Jada Polem and her Quarter Horse, Mya. Polem fled the Fort McMurray wildfire on Mya's back during last year's wildfire. CONTRIBUTED

Polem said the horses were anxious and knew tensions were high. When they returned to Fort McMurray after the fire, riding through the fields around home the horses were still unsettled.

"The smell of home is here, but they can still sense that something's happened and things have changed," Polem said.

The 17-year-old, soon-to-be high school graduate said having a year to reflect on the fire, her harrowing escape and what lies ahead for the community has given her a new perspective on things.

Prior to the fire starting, Polem said she was making summer plans with family and friends. She recalled the Saturday prior as just another hot, summer day. Within a day, smoke and flames started showing.

"That's when everything changed," she said. "You literally live day by day. This year you almost expect something to happen because you're feeling so prone to something happening."

Polem said every day things are inching back to normal. When Metro spoke with Polem, the day of the one-year anniversary of the fire, she said there was a noticeable tension. People still talk quite frequently of the fire — some more than others — but it's always in the back of people's minds.

For her, riding has provided that daily routine that she can count on as the post-fire days pass by.

"Riding horses just makes it more settling because it's an everyday thing and you know that it feels more normal than not having (the horses) around," Polem said.

WASHINGTON, D.C.

GOP gets a health care win

U.S. President Donald Trump is celebrating the passage of the House Republican health care bill, saying he is confident it will get through the Senate.

Flanked by Republican lawmakers in the Rose Garden on Thursday, Trump called former president Barack Obama's health care law a "catastrophe" and called the GOP bill "a great plan."

Trump delayed his first trip home to New York as president to celebrate House passage of legislation undoing much of Obama's health law, a long-sought GOP goal and top Trump campaign promise.

House leaders came through with the votes to give Trump a major political victory more than a month after Republicans' first attempt to pass a health care bill went down in a humiliating defeat. The legislation now heads to the Senate.

The developments pushed back Trump's first-time meeting with Australian Prime Minister Malcolm Turnbull by several hours.

Manhattan is where Trump made a name by transforming himself from real-estate developer into a celebrity businessman and now president. He hasn't set foot in the city since leaving on Jan. 19 for Washington to be inaugurated into office the following day.

During the campaign, Trump would fly thousands of miles back to New York City to sleep in his own bed, leaving the impression that he would make frequent trips home after he became president. But Trump said last week that he so far has avoided returning to the city of his birth because the trips are expensive for the government and would inconvenience New Yorkers. THE ASSOCIATED PRESS

WINNIPEG

Gay refugee claimant fears deportation to Egypt

Giovanny Penner and Samer Habib have been dating for about nine months. JESSICA BOTELHO-URBANSKI/METRO

Jessica Botelho-Urbanski
Metro | Winnipeg

Samer Habib is acting calm considering his future in Canada is being decided by a complete stranger this week.

"At this point, there's not much I can do," he said, sitting cross-legged on the lawn in front of the University of Winnipeg with his boyfriend, Giovanny Penner, Wednesday. "It's out of my control. So there's no point in stressing out because I just have to be mentally prepared for Friday."

A member of the Immigration and Refugee Board (IRB) will decide Habib's fate Friday in a hearing via video conference.

Habib, 23, is terrified of being deported back to Egypt once his passport expires in June.

If he returns, he said he'd have to join the military and fears being prosecuted because he's gay.

"I don't feel like I want to serve in the military because the country itself — the environment and the government — is against my beliefs. Like, I don't think I should be protecting a country or government that's looking to kill or imprison gay men," he said.

"(If) they suspect, for example, that I'm gay … if they just hear a rumour, if they sense from the way I walk or the way I talk or whatever it is, that's where I could be jailed. That's where I could be tortured or beaten up. And my life would just be over at that point."

Habib came to Winnipeg in 2011 and studied business administration at the U of W, where he now works for campus living.

Last month, he filed a refugee claim as a last resort once he learned his permanent residency application may not be approved before his passport expires.

Penner, 19, will testify on his boyfriend's behalf and said he is "extremely nervous" for the IRB member's verdict. "This one person could be going through a bad day and ruin someone's life with the stroke of a pen," he said.

DIGEST

Call of the wild harder to hear in American parks

Peaceful, natural sounds — bird songs, rushing rivers and rustling grass — are being drowned out by noise from people in many of America's protected parks and wilderness areas, a new study finds.

Scientists calculated that in nearly two-thirds of the Lower 48's parks, the noise can be twice the natural background level because of airplanes, cars, logging, mining and drilling. THE ASSOCIATED PRESS

Parents urge Senate to support bill on gender identity

Parents of transgender youth urged members of the Senate's legal committee on Thursday to back the Liberal government's gender identity and gender expression bill, suggesting it could be a matter of life and death.

Some members of the Senate, including Conservative Sen. Don Plett, have expressed misgivings about the bill, including the notion that the concept of "gender expression" should be protected under human rights laws. THE CANADIAN PRESS

ELECTION

French expats expected to turn out in droves

During the first round of voting in the French presidential election two weeks ago, the sidewalks and cafés in Outremont, home to the city's only voting station for expats, had all the flavours and accents of a typical Parisian arrondissement.

But the Montreal neighbourhood also had lineups that stretched out the doors of a stately private school that served as the voting station, along the street out front and around several corners. In all, 23,431 French citizens showed up to cast their ballots in Montreal from thousands of kilometres away, a number that overloaded volunteers and forced the polls to remain open until 11 p.m. that Saturday night to accommodate people.

With the candidates now whittled from 11 down to two — the centrist favourite, Emmanuel Macron, and Marine Le Pen, the leader of the extreme right Front National — the second round of voting for French expats that takes place this weekend still has several looming unknowns.

One is whether the changes being put in place by the French consulate in Montreal will alleviate the interminable wait.

The other is whether forecasts in advance of the Saturday vote will prove accurate — of all the Canadian cities where consular officials have arranged for voting booths, only Vancouver is not expecting rain.

Less than half of the 1.3-million French expats eligible to cast a ballot for the country's next president voted in the first-round election. The nearly 34,000 who did so in Montreal, Quebec City, Toronto, Vancouver and Moncton, left little doubt that Macron is their man. Some back the 39-year-old former minister of the economy out of conviction. Others are voting to block Le Pen and her Front National's anti-immigration and French-first policies. TORSTAR NEWS SERVICE

French expats wait in line in Montreal on April 22 to vote in the first round of the election. The second round takes place this weekend. THE CANADIAN PRESS

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metro SCIENCE
Your essential daily news

The **Amazon rainforest** is so phenomenally diverse because it was covered in a vast ocean 10M years ago, a new study suggests

OPENING SOON: JURASSIC PARK?

With new tech such as gene-editing system CRISPR, some scientists are working to resurrect creatures like the woolly mammoth, extinct about 4,000 years. **But should we bring them, or anything, back? Here's a look at the debate:**

Bring it!

Proponents of "de-extinction" include Harvard biologist **George Church** and **Stewart Brand**, founder of Revive & Restore, a "genetic rescue" foundation.

Scientists at R&R's Woolly Mammoth Revival project are figuring out how to modify Asian elephants to make them more like mammoths, until, after many generations, they essentially are mammoths. (Mammoth DNA is readily available, preserved in permafrost, for reference).

Believers in de-extinction think it could transform ecosystems for the better. Mammoths, the theory goes, could graze in the Arctic. This could help tundra return grasslands and help keep permafrost frozen, absorbing more carbon and mitigating climate change.

Finally, de-extinction, like going to Mars, arguably generates wonder and excitement about science's possibilities.

Maybe not!

Ecologist **Douglas McCauley** is skeptical. He loves the idea of meeting a mammoth in real life. He's just afraid de-extinction will turn species into curiousities, seen only in "zoo-like" contexts. If the mammoth does return, he said, "I want it doing its ecological thing in nature."

However, the Arctic ecosystems where mammoths roamed have changed over millennia, McCauley said. Mammoths could become "ecological zombies," like an invasive species, depleting resources and disrupting the environment.

Then there's the cost: not just of bringing species back, but of caring for and managing the populations.

McCauley said it's far more cost-effective to invest in protecting living endangered species, though they're usually nowhere near as charismatic as the mammoth. "I see a lot of value in using the same (de-extinction) technologies to helping species that are almost extinct."

FINDINGS
Your week in science

PALEO BITES
Until now, it was widely believed that ancient hunter-gatherers bit into their mammoth steaks with ease, never dealing with tooth decay until agriculture brought sugary and starchy foods into their diets. But a new study of modern-day hunter-gatherers has found many of them do have bad teeth despite their "paleo" diet.

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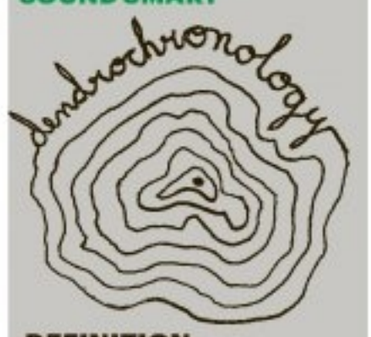

DEFINITION
Dendrochronology is using the tree rings in wood, such as in old buildings, to determine when events happened in the past. It can also be used to study historical climate patterns. (Trees usually get one new ring every year).

USE IT IN A SENTENCE
Nobody knows how old Grannie Deb is, but we do have her baby crib. We figured out she is 117 using **dendrochronology**!

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The Skills Ontario Competition is Canada's largest skilled trades and technology competition where top students demonstrate they are the best of the best in their field. **A huge congratulations to all the competitors and winners!**

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Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Quick, give Yondu an Oscar

IN FOCUS

Our Guardians are back, and yes there is an emotional core

Richard Crouse
For Metro Canada

Guardians of the Galaxy Vol. 2 opens with a battle scene that would not be out of place in almost any other superhero movie. The set-up has the Guardians — Peter Quill /Star-Lord (Chris Pratt), Gamora (Zoe Saldana), Drax the Destroyer (Dave Bautista) and Rocket (Bradley Cooper) — working for the Sovereigns, a thin-skinned race of aliens who have hired the heroes to protect valuable batteries from an inter-dimensional monster.

The action is as wild and woolly as we've come to expect from these big CGI extravaganzas, but the thing that sets the scene apart from all other superhero movies is the sheer, unbridled joy brought to the screen by Baby Groot (Vin Diesel), a tree-like being too small to take part in the fight. Instead he blissfully dances throughout to Mr. Blue Sky, the lush, Beatles-esque ELO song that underscores the sequence.

The scene and the movie brim with the missing element of so many other big superhero movies — fun.

"That's what we hoped to do," says star Michael Rooker, "bring back the fun. It was fun as hell doing it."

Rooker reprises his role as blue-skinned, red-finned mercenary Yondu. The former Walking Dead actor — he played Daryl's older brother Merle Dixon — jokes that his normal look, his handsomely craggy face, is actually make-up, and the Blue Man Group style we see in the movie is the face he was born with. "It takes four or five hours to get this on," he says, pulling at his cheek. "The real problem is getting the fin off."

Yondu's weapon of choice is a flying arrow made of special sound-sensitive metal he controls through whistling.

"Dude," he says, "everyone is digging that weapon." It's the character's trademark and Rooker laughs when remembering talking to director James Gunn about the role. "Man, I was glad I was able to whistle."

"The first time I got to whistle I did the melodic whistle... I hypnotized one of the aliens and then I shot out a piercing whistle. Yondu has different whistles."

One wild action sequence with Yondu's deadly arrow and set to '70s pop ditty Come a Little Bit Closer is a showstopper, an imaginatively staged set piece with a huge body count and just as many laughs.

In the scene he is accompanied by two computer-generated characters, Baby Groot and Rocket, a genetically engineered raccoon-based bounty hunter. Neither actually appeared on set while shooting, but Rooker says they were there in spirit.

"Because these movies use a lot of CGI they require your imagination to be fertile and open and ripe for seeding," he says. Yondu may be a vicious, arrow-wielding mercenary but he's also the film's emotional core and James Gunn says people will be "surprised by Michael Rooker's performance. He deserves an Academy Award nomination. No joke."

What does Rooker think? "We'll see about that bro. I'm up for anything."

MOVIE RATINGS by Richard Crouse

Guardians of the Galaxy Vol. 2	★★★★
Jeremiah Tower: The Last Magnificent	★★★★
First Round Down	★★★
I, Daniel Blake	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
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Michael Rooker stars as Yondu in Guardians of the Galaxy Vol. 2. CONTRIBUTED

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Your essential daily news

Jerry Seinfeld, Ali Wong, Laverne Cox among performers at Montreal's Just For Laughs festival

Eating your way through Yaletown

FOODIE

In a city known for food, take a tour through a trendy 'hood

Lola Augustine Brown
For Metro Canada

My first hour in Yaletown was rather trippy. At the Contemporary Art Gallery, I sat on a green shag carpet before four TV screens showing psychedelic videos inspired by British artist Haroon Mirza's 'shroom and peyote trips, with strobes flashing and techno playing.

Leaving the gallery to walk along rain-slick cobbled streets to my hotel, I browsed home wares in a much-loved-by-locals shop The Cross, tried on hats at Goorin Bros. and picked out Swedish candies at Karameller.

Once the city's warehouse district, made trendy, Yaletown is a fun part of Vancouver to visit. Set around an old roundhouse, you'll find tons of places to eat, drink, shop and spoil yourself.

Dinner that night was northern Italian at La Pentola in the Opus Hotel, where I was staying. I started with beef carpaccio with quail eggs, then moved onto tender smoked Fraser Valley duck served with beet purée, beluga lentils and cherry jus. Then I ordered a dessert tasting plate too.

Being March in Vancouver, umbrellas were necessary. Luckily, the rain stopped the day I caught the rainbow Aquabus over to Granville Island. We pootled across the harbour from the jetty just down from the hotel, with views of glass condos and a mountain backdrop.

First stop was for lunch at fish and seafood restaurant Sandbar. The succulent Dungeness crab cakes were all crab (no filler), and the perfectly light and flaky sable fish came with coconut rice.

Then it was on to the Granville Island Public Market, where chefs and tourists alike flock to buy just about every gourmet treat and ingredient you can think of. I sampled New York-made pickles, candied salmon and jams.

Venturing north of Yaletown to Coal Harbour for dinner that night, I shared plates at super cool Nightingale, the latest venture from celebrated local chef David Hawksworth. I gorged on perfect pizza, bone marrow with house-made pickles and fried chicken, and topped it off with decadent salted caramel pots de crème.

The next morning started with restorative time at skoah, a local spa with a now cult-like following and locations across North America. I walked out with glowing skin.

Lunching at local institution Tacofino was a gut-busting affair, as burritos came stuffed with everything from squash and chickpea fritter to Veracruz beef meatballs, crispy cauliflower and smoked tuna.

I walked it off a bit by strolling part of the Sea Wall that meanders along the edge of Yaletown. Then one last meal. This time at Minami, where traditional Japanese meets Euro influences. I devoured soft slabs of buttery sashimi, fried chicken and hatcho miso braised short ribs.

I left Minami full and happy, but with one last place I had to try, just across the street: Mister Artisan Ice Cream, where you watch your treat whipped up fresh with liquid nitrogen in a KitchenAid mixer.

Mister's co-owner Michael Lai said when singer Adele stopped by she ordered the double Oreo flavour made with a cream-cheese base, so I had to try that. Then I watched Lai wield a blowtorch to finish a tub of the crème brûlée variety, and had to taste that too. TORSTAR NEWS SERVICE

The author was hosted by The Opus Hotel and Destination British Columbia, which did not review or approve this story.

A view of the Aquabus travelling between Yaletown and Granville Island. Inset: Crème brûlée ice cream from Mister Artisan Ice Cream is finished with a blowtorch. TORSTAR NEWS SERVICE

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NBA prospect Lonzo Ball has unveiled his own Big Baller Brand signature shoe — the ZO2 Prime — at the whopping price of $495 US

metro SPORTS

IN BRIEF

Lowry questionable for Game 3 with a bum ankle

The Raptors may have to face Cleveland on Friday without Kyle Lowry.

Toronto's dogged point guard is questionable after spraining his left ankle in Wednesday's 125-103 loss to the Cavaliers.

Cleveland leads the series 2-0. THE CANADIAN PRESS

Two cyclists booted from Giro d'Italia for doping

Two riders from the Italian team Bardiani CSF have been kicked out of the Giro d'Italia on the eve of their nation's biggest race after testing positive in an out-of-competition doping test.

Nicola Ruffoni and Stefano Pirazzi returned positive tests for growth hormone-releasing peptides.

THE ASSOCIATED PRESS

Nationals' Harper leaves game with injured groin

Nationals slugger Bryce Harper left Thursday's 4-2 win over Arizona after hurting his left groin and is day to day, according to Washington manager Dusty Baker.

Harper, who said he felt the injury while diving to make a catch, is batting .376 with nine homers and 27 RBIs. THE ASSOCIATED PRESS

Hockey's necessary evil

2017 NHL PLAYOFFS
CONFERENCE SEMIFINALS

Glory, injuries come from shot blocking

Nothing says sacrifice for a hockey team like blocking a shot, no matter how dangerous.

Ian Laperriere took a puck to the face during the Flyers' run to the 2010 Stanley Cup final and was heralded as a hero, even though post-concussion symptoms blamed on the blow ended his career the following fall. Gregory Campbell could barely skate on a broken leg after blocking a shot in 2013, but finishing his shift during the Bruins' run made him into a cult phenomenon in a sport that glorifies taking frozen rubber fired at more than 100 m.p.h. off whatever part of your body you choose — as long as you keep it out of the net.

Shot blocking is still an essential part of playoff hockey, though the risk-reward value of the time-honoured tradition filled with bruises and broken bones is being questioned like never before.

"I think shot blocking's a last resort," said Ian Cole, the Pittsburgh Penguins' shot-blocker extraordinaire. "It's not something that you try to go out and search for."

The Senators' Jean-Gabriel Pageau throws his body in front of a shot by the Rangers' Nick Holden on Tuesday in New York. BRUCE BENNETT/GETTY IMAGES

Hockey's analytics awakening has put a premium on holding on to the puck and attempting more shots than your opponent. By that measure of success, blocking too many shots means you're on the defensive too much.

"If you're blocking an absolute ton of shots, you're probably not having a very good game," Washington Capitals defenceman Matt Niskanen said. "You don't have the puck much and you're not closing on people. You're slow. They're playing way faster than you. They have too much space."

> **"I'm sure there's some people that think it's stupid and pointless.**
> Capitals defenceman Brooks Orpik

The best teams still block shots, a necessary evil this time of year with scoring usually at a premium. The Penguins blocked 18 shots a game on the way to the championship last season and are averaging 19.3 so far in these playoffs.

More than likely a team blocking a ton of shots is enduring a ton of injuries. Just ask Ottawa Senators captain Erik Karlsson, who improved his shot-blocking prowess en route to another Norris Trophy nomination as the NHL's top defenceman. Karlsson is also playing with two microfractures in one of his feet from blocking a shot late in the regular season.

Still, there isn't a coach around who will tell a player to get out of the way. Nor is there a player with his sights set on the Cup who will get out of the way even if it's risky.

"It's still mandatory," Niskanen said. "Every team's going to get opportunities to shoot the puck, so it's still a requirement to block it." THE ASSOCIATED PRESS

Go to metronews.ca for more playoff coverage

CROSBY UPDATE

- Pittsburgh captain Sidney Crosby skated at the Penguins practice facility Thursday, two days after the team confirmed he suffered a concussion.
- Penguins coach Mike Sullivan said Crosby is focused on his rehab and didn't provide an update on the star centre's availability for Game 5 vs. Washington.

THE CANADIAN PRESS

BAYSHORE
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stop, smell the roses & win

MAY 3 – 7

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Fashion and flowers are the focus at Bayshore Shopping Centre! Visit the stunning collection of mannequins dressed by Ottawa's best floral designers and vote for your favourite for the chance to WIN a luxurious night for two at Brookstreet Hotel, including a spa package at Au Natural Spa and two tickets to a Senators game next season. All valued at over $1,500.

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HOW TO ENTER: Return your completed ballot to Bayshore Shopping Centre, Guest Services by May 7. Contest opens May 3 and closes May 7, 2017 at 6pm. Winner will be contacted by email before May 10, 2017. No purchase necessary. The odds of winning are dependent upon the number of participants. The contest is open to all residents of Ottawa 19 years of age or older. One entry per person per day. Winner must correctly answer a skill-testing question. Prize must be accepted as awarded.

Mark your favourite with a 'X' below

- ◯ Au Naturel Spa mannequin
- ◯ Bayshore Shopping Centre mannequin
- ◯ Brookstreet Hotel mannequin
- ◯ Chatters mannequin
- ◯ Crabtree & Evelyn mannequin
- ◯ Effervé French Lemonade mannequin
- ◯ Fashion magazine mannequin
- ◯ Metro Newspaper mannequin
- ◯ Ottawa Cancer Foundation mannequin
- ◯ Saje mannequin
- ◯ Hudson's Bay mannequin
- ◯ The Face Shop mannequin
- ◯ The Senators Foundation mannequin
- ◯ Tulip Festival mannequin
- ◯ Weddingbells mannequin

MAKE IT TONIGHT

Irresistible Chocolate Peanut Butter Balls

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

These impressive homemade sweets are so easy to make. What's not easy? Eating just one at a time...

Ready In: 1 hour 30 minutes
Prep Time: 15 minutes
Chill Time: 45 minutes

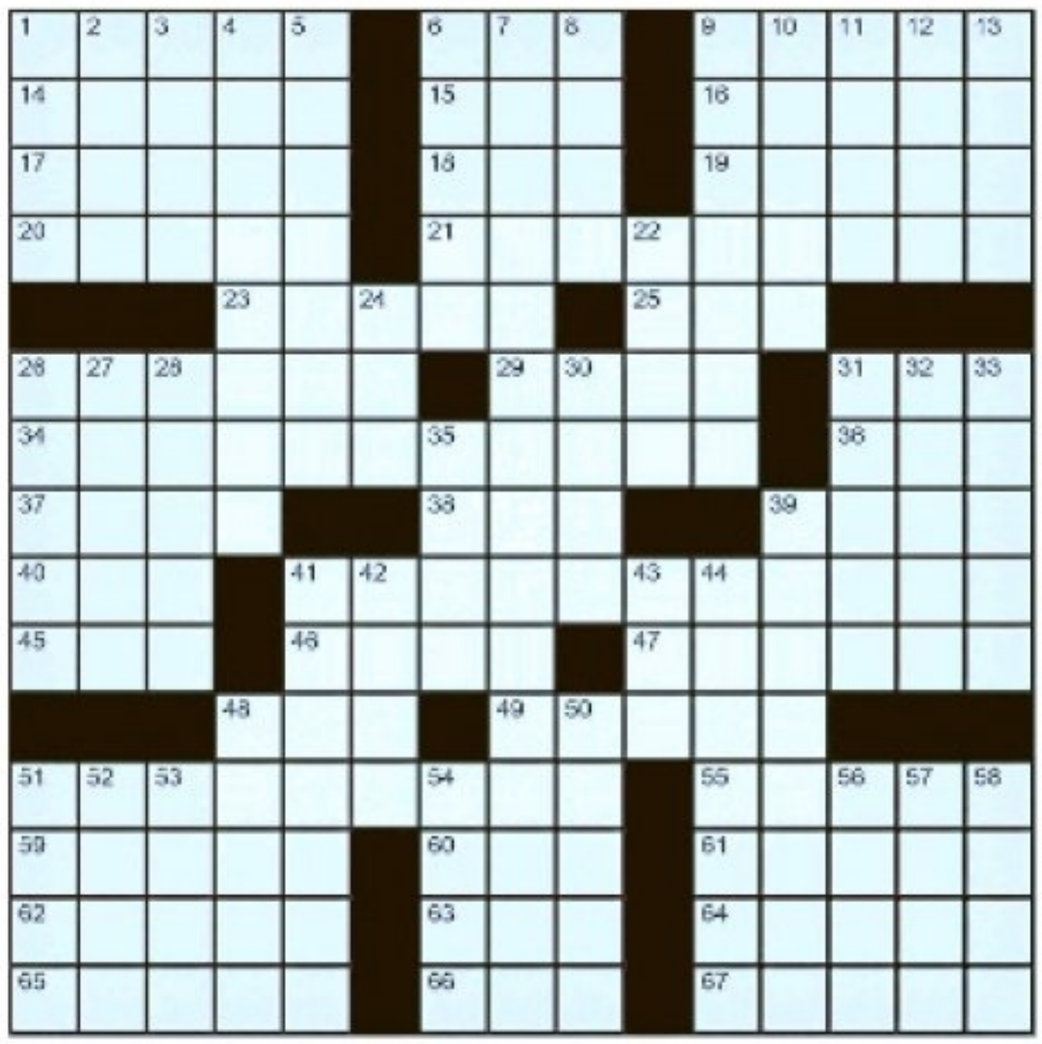
Ingredients
- 1/2 cup creamy natural peanut butter
- 3 Tbsp butter, softened
- 1 cup confectioner's sugar
- 8 oz chocolate, chopped (or chocolate chips)

Directions
1. In a bowl, mix peanut butter, sugar and butter together until they form a dough. Shape into a ball, cover with plastic wrap and chill 15 minutes.
2. Pinch off a small bits of and roll into 1-inch balls. If too sticky, pop back in fridge for a few minutes.
3. Place balls on a parchment lined baking sheet and then in the freezer for half an hour.
4. Melt chocolate gently using a double boiler and then pour into a shallow bowl.
5. Using a toothpick, pick up each ball, dip it into the chocolate and then let excess drip off. Place each ball onto a clean parchment lined baking sheet. You can leave plain or sprinkle a pinch of sea salt of finely chopped nuts before the chocolate firms up
6. Refrigerate until you serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Dove and Irish Spring
6. Mil. rank
9. Information session, e.g.: letter + wd. + letter
14. "Doctor Zhivago" (1965) character
15. 'Text' suffix
16. An archangel
17. Feminine name endings
18. Moulder
19. R'egal'-sounding bird
20. Aromatic resin
21. Canadian athletic chain store: 2 wds.
23. Musician Ms. Mann
25. Slangy one-eighty turn
26. Beach Boys' 1988 tropical hit
29. Hamilton expressway, The _
31. Arthurian title, briefly
34. Arctic _ (Baffin is one of its islands)
36. Scandinavian rug
37. Small estuaries
38. Understand
39. Sprays a famous cooking spray, say
40. Sea: French
41. Crosby, Stills & Nash song: 2 wds.
45. Mr. Pacino's
46. "The Brady Bunch" star, _ _ Davis
47. Actress Ms. Danner
48. Rock logo insurance co.
49. Village People gyms
51. Ringo's birthplace
55. Spectacles style, _-nez
59. Budget-saving prefix
60. Flier to Narita Intl. Airport
61. Illegally live in a dwelling
62. "I _ _ backing at all!"
63. 'Hect' add-on
64. Shania Twain's "(If You're Not in It for Love) I'm _ Here!"
65. "Now you _ '_, now..."
66. Mag. edition
67. Twiggy retreats

DOWN
1. New Brunswick's motto: _ Reduxit
2. Cheerios characteristic
3. Stars sci.
4. Ancient Egyptian kings
5. Raw fish of Japanese cuisine
6. Hex
7. As an in-motion rowboat: 3 wds.
8. Jared of "Dallas Buyers Club" (2013)
9. Provincial park in northern Ontario bordering Minnesota
10. Had _ _ (Competed on the track)
11. Poetically approaching
12. Proofreader's 'remove'
13. Director Mr. Keshishian
22. Ladder step
24. Floor-cleaning implement
26. John Lennon's "Instant _!"
27. Projecting window
28. Barenaked Ladies' "If I Had $1,000,000" styles of vehicles
30. 'Different' suffix
31. Brightly banded snake
32. Stage in a dragonfly's life cycle
33. Montreal 'mug'
35. "Ghostbusters" (1984) - Dr. _ Spengler
39. Bodybuilder's build
41. Military command/strategy headquarters: 2 wds.
42. "Movin' _ _": "The Jeffersons" theme
43. Jimmy Fallon's station
44. Applies the paint in a way: 2 wds.
48. Short-tubed pasta
50. Titles for French misses [abbr.]
51. Tabletop's propper-uppers
52. Slurpee-like beverage
53. Mark a ballot
54. Bionic Woman's California hometown
56. Pecans
57. Carrie Chapman _ (American suffrage leader)
58. Airport scr. postings

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Clever you! You see ways to improve your health today. Likewise, you see ways to improve your job or to introduce reform where you work.

Taurus April 21 - May 21
Today you are resourceful when it comes to ideas about how to entertain yourself and others. You also will apply your clever mind to improving sports events or how sports are played.

Gemini May 22 - June 21
Look around where you live today to see how to improve bathroom areas, laundry areas and anything to do with plumbing, garbage and recycling. You can do this.

Cancer June 22 - July 23
When communicating with others today, you are strong and direct. That's why this is a good day for those in sales, marketing, teaching, acting and writing.

Leo July 24 - Aug. 23
Listen to your moneymaking ideas, because you can see a new way to boost your income today. You also might see how to improve something you own.

Virgo Aug. 24 - Sept. 23
Take a realistic look in the mirror today. How can you improve your appearance? (You never get a second chance to make a first impression.)

Libra Sept. 24 - Oct. 23
Secrets might come out today. Something you are involved with that is behind the scenes suddenly might reveal a new truth to you. If it's juicy, be discreet.

Scorpio Oct. 24 - Nov. 22
Your interaction with a female friend today is powerful. In fact, you might attract someone who seems strong to you. Whatever the case, this person might cause you to change your future goals.

Sagittarius Nov. 23 - Dec. 21
Bosses and parents will be impressed with your suggestions to improve something today. That's why you should just speak up. You're on the ball!

Capricorn Dec. 22 - Jan. 20
You have strong thoughts about politics, religion, philosophy and racial issues, which is why you should be careful when talking to others today.

Aquarius Jan. 21 - Feb. 19
You might see a better way to deal with shared property today. Perhaps you see a better arrangement about sharing something or dividing an inheritance.

Pisces
Feb. 20 - March 20
During a discussion with a partner or close friend today, you actually might see how to improve the relationship itself. Oh yes, there's always room for improvement.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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3							1	
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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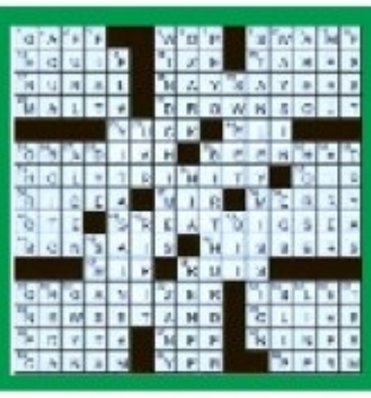

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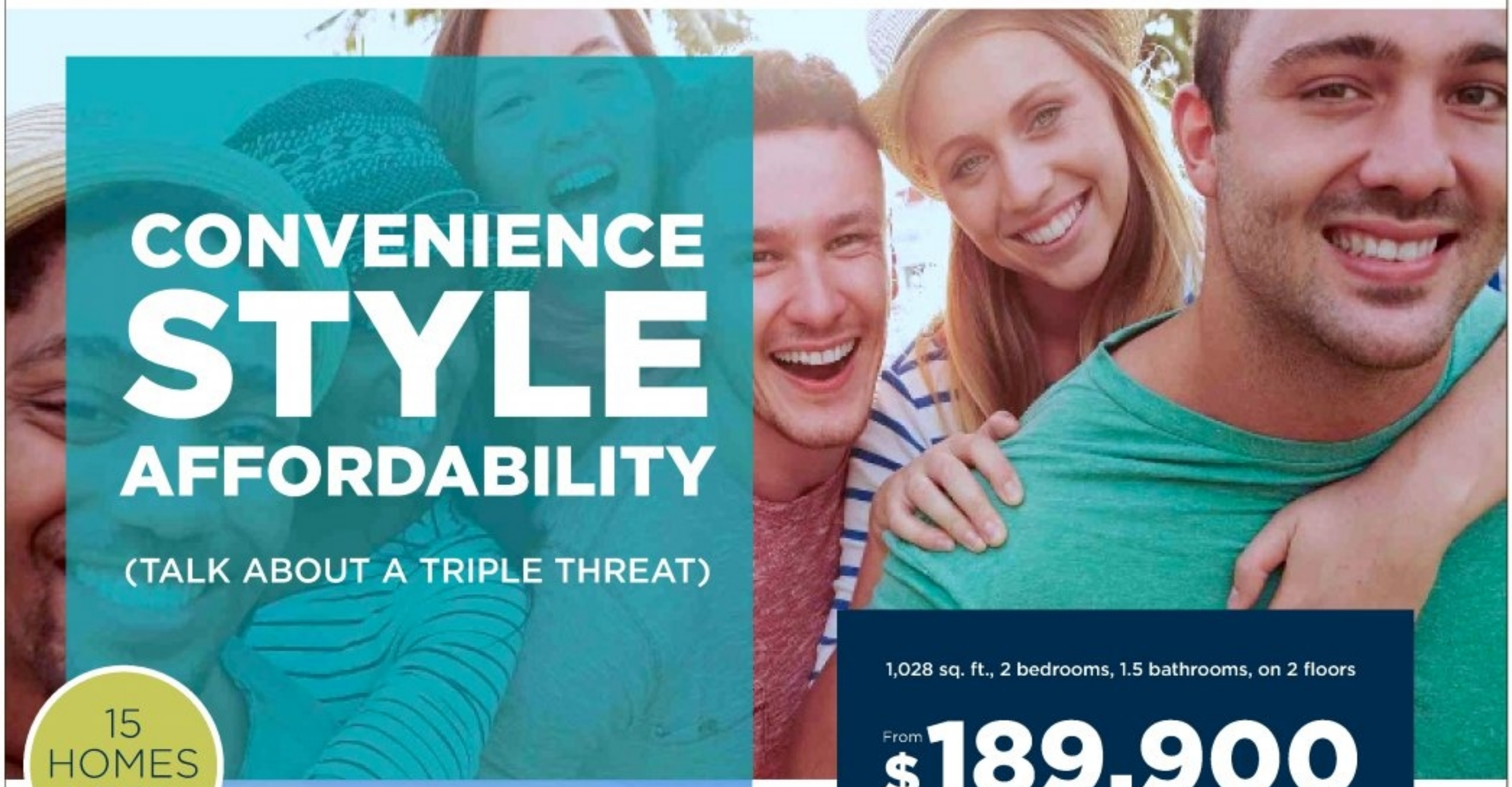

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